

BULLETIN

of the

MAHONING COUNTY MEDICAL SOCIETY

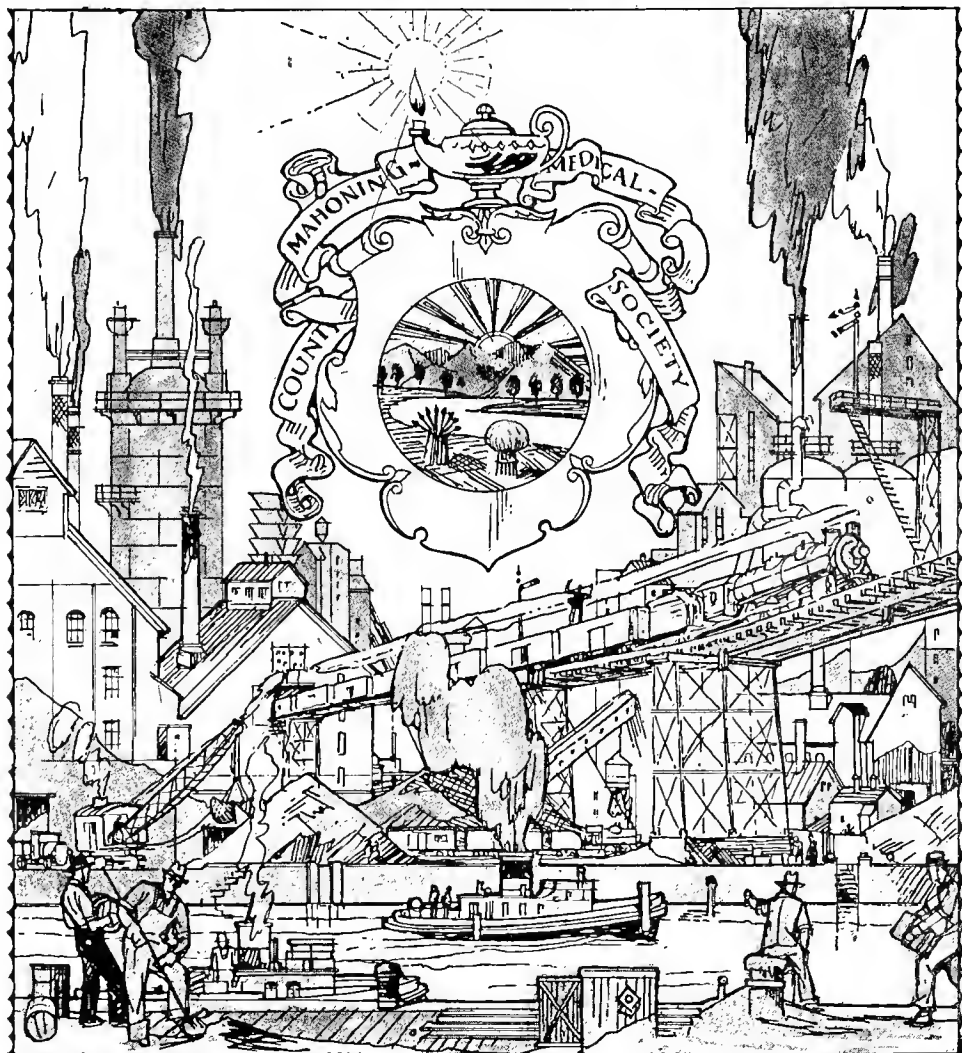
To
John
Malinck

Volume XXXIII

Number Eleven

NOVEMBER, 1963

DIABETES WEEK - - - NOVEMBER 17-23





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DIABETES WEEK

November 17 - 23

NOVEMBER MEETING

Tuesday, November 19, 1963

MURAL ROOM



NOMINATION OF OFFICERS



Free Buffet Dinner



6:00 p.m.—Social Hour

6:30 p.m.—Free Buffet Dinner

7:30 p.m.—Meeting

Send your reservation to:

Mahoning County Medical Society
245 Bel-Park Building
1005 Belmont Avenue
Youngstown 4, Ohio

Fourth Annual Cultural Seminar

Thursday, Nov. 14—Nov. 21.—Dec. 5—Dec. 12

St. Elizabeth Hospital Auditorium

DECEMBER

Tuesday, December 17—Mural Room

MEDICAL SOCIETY MEETING

MEDICAL SERVICE FOUNDATION MEETING

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Council		Delegates	Alt. Delegates
B. C. BERG	H. J. REESE	P. J. MAHAR (1963)	F. A. FRIEDRICH
W. H. BUNN, JR.	F. A. RESCH	JOHN J. McDONOUGH (1964)	S. D. GOLDBERG
FRANK GELBMAN	R. J. SCHEETZ	G. E. DeCICCO (1965)	H. P. MCGREGOR
R. B. McCONNELL	C. K. WALTER	R. R. FISHER (1966)	C. C. WALES

Representative to the Associated Hospital Service: J. M. RANZ

† Executive Secretary: H. C. REMPEL, JR.

TABLE OF CONTENTS

Vol. XXXIII—No. 11

November, 1963

From the Desk of the President - - - - -	338
In Memoriam—Dr. Michael S. Zervos - - - - -	339
Hospital Costs - - - - -	342
Happy Birthday - - - - -	343
Bulletin Board - - - - -	346
Letters to the Editor - - - - -	352
From the Bulletin—30, 20, 10 Years Ago - - - - -	355
Wife Line - - - - -	359
Summary of Health Department Functions - - - - -	362
Board of Health Bulletin - - - - -	366

ADVERTISERS' LIST

American Ambulance Co.	341	Lilly	349
Becker Oxygen Co.	365	Lyons Physicians Supply	334-357
Blair's	367	Mahoning Pharmacy	336
Bowman, Inc.	361	Maico	365
Brown's Drug Stores	367	Pfizer Laboratories	350-351
Butler, Wick & Co.	358	Schering	345
Chaney Pharmacy	354	Smith, Kline & French	Cover
DeBald & Co.	336	Stillson & Donahay Agency, Inc.	361
Endo Laboratories	367	Thornton's	336
Isaly's	354	White's Drug Stores	334
Lester's	358	Youngstown Limb Co.	336



From the Desk of the President

Over the years the red flannel nightshirt has become the symbol of the results of effort in the direction of generosity in this community.

Each year many of the people of Metropolitan Youngstown spend a considerable amount of time, effort and personal funds for the purpose of raising an ever increasing sum of money for the benefit of the less fortunate. The various health and welfare agencies do all they possibly can within the limitations of their budget and their objectives. One one-woman organization, however, covers the entire community, and distributes to all who are in need that of which they are most needful.

The money raised by Esther Hamilton's Santa Claus Fund probably does more toward contributing pleasure and happiness to more people than any other single drive. Those who can afford it have the double pleasure of giving and receiving; the latter in the form of the Alias Santa Claus show. Those who can only receive, have the pleasure of a full table before them at a time of year when happiness and joy should abound.

It is not anticipated that the night shirt will soon grace the shoulders of a medical society president, but that should not one whit diminish our efforts and our generosity.

Give! Give freely! Give with pleasure! Give to help the less fortunate! Give to support the charitable efforts of the best friend medicine has in this community—Esther Hamilton.

—Asher Randell, M.D.
President

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The opinions and conclusions expressed herein do not necessarily represent the views of the Editorial staff or the official views of the Mahoning County Medical Society.

Volume XXXIII

November, 1963

Number 11

Published for and by the Members of the Mahoning County Medical Society

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In Memoriam

DR. MICHAEL S. ZERVOS

Dr. Michael S. Zervos, one of the community's oldest Greek physicians, died on September 30th at the age of 74.

Just four months previous, Dr. Zervos had been honored at a testimonial dinner attended by representatives of many Greek organizations. Rep. Michael J. Kirwan praised Dr. Zervos at the dinner for his contributions to the Youngstown area. More than 400 friends attended.

Dr. Zervos came from a long line of physicians. He was born Dec. 25, 1888, on the Island of Kalymnos, Greece, and came to America in 1920, where he established a practice in Wheeling, W. Va. He came to Youngstown in 1923 and practiced here for 52 years.

In 1961, he was presented a fifty-year pin by the Ohio State Medical Association at a meeting of the Medical Society. At the same meeting, his son, Dr. Skevos M. Zervos, and his son-in-law, Dr. Gust Boulis, became members of the Mahoning County Medical Society. There have been 13 physicians in his family.

Dr. Zervos received his medical degree at the National University in Athens in 1911. He practiced medicine at Kalymnos, Greece before coming to the United States.

He was a member of St. John's Greek Orthodox Church, the Order of Ahepa, G.A.P.A., and was a founder of the Kalymnian Society. In addition to the Mahoning County Medical Society, he was a member of the Ohio State Medical Association, the American Medical Association, and the American Academy of General Practice.

ELEVEN TO BE NOMINATED

Nomination of officers for 1964 will take place at the November meeting of the Mahoning County Medical Society. On January 1, 1964, Dr. Asher Randell will automatically become Immediate Past President, and Dr. Jack Schreiber will automatically become President. The following offices will require nominations:

<i>Office</i>	<i>Incumbent</i>	<i>Eligible for re-election</i>
President-elect	Schreiber	no
Secretary	Pichette	no
Delegate (1967)	Mahar (1963)	yes
Council (4 to elect)	McConnell	yes
	Resch	yes
	Scheetz	yes
	Walter	yes
Alternate Delegate (4 to elect)	Friedrich	yes
	Goldberg	yes
	McGregor	yes
	Wales	yes

The following offices will not require nominations. The treasurer and four council members are serving the first of a two-year term. The delegates have one to three years yet to serve.

<i>Office</i>	<i>Incumbent</i>
Treasurer	Cook
Council	Berg
Council	Bunn
Council	Gelbman
Council	Reese
Delegate (1964)	McDonough
Delegate (1965)	DeCicco
Delegate (1966)	R. R. Fisher

DIABETES WEEK IN MID-NOVEMBER

Diabetes Week, to be held this year from Nov. 17 through Nov. 23, is the largest cooperative effort undertaken each year by the Mahoning County Medical Society.

Every doctor's office will receive a packet of testing material and informational brochures and posters prior to the week of Nov 17th. Those offices not closely associated with diabetes testing will receive the poster only. The delivery to each office will be undertaken by a member of the Woman's Auxiliary.

During Diabetes Week, each office is requested to keep track of the number of urinalysis that are given and to report the number and the number of new positives to the medical society when someone from that office phones the week following.

The Vindicator and the radio and television stations will cooperate to inform the public, and a great many patient calls may be expected.

Chairman for Diabetes Week is Dr. Elias Saadi. His committee consists of Dr. J. L. Calvin, Dr. C. J. Fisher, Dr. J. A. Rogers, Dr. A. M. Rosenblum, Dr. N. D. Belinky, Dr. J. LaManna, Dr. J. J. Campolito, Dr. D. B. Brown, Dr. H. B. Hutt, and Dr. F. D'Amato.

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HOSPITAL COSTS

As a conversation topic, hospital costs are beginning to compete with the weather. Everybody talks about them, but nobody can do much about reducing them, or keeping them from going higher and higher.

However, purely as a matter of personal observation, we offer the suggestion that perhaps the time has come when we should begin selling the results of modern medical care, instead of the high cost.

Through personal experience your editor knows something about both—the cost, and the results. He believes the “miracles” wrought for a member of his immediate family by the physicians and technicians, working with the tools and techniques of medical science would have been a real bargain at any price.

Most of us who think nothing at all of mortgaging our incomes for a \$3,000 automobile, tend to think that the same amount of money charged by a hospital to save a life is pretty close to legal robbery.

Today's hospital patient receives more and better care in shorter time and much surer results than was thought possible even five or ten years ago.

And, without a doubt, “hospital people” (and we include doctors) represent a greater variety of professions, training, and skills than in almost any other endeavor—doctors, nurses, technologists, therapists, dietitians, pharmacists, engineers, surgeons, anesthetists, radiologists, maids, housekeepers, purchasing agents, office workers, and many others.

And, each new piece of lifesaving equipment that is added to the doctor's or hospital's facilities, often means employing new techniques and re-training individuals to insure that the equipment performs the job for which it was intended—more accurate diagnosis, more effective therapy, faster, surer surgery, faster recovery, surer recovery.

Who, among your insureds, would want the care of the so called “good old days,” despite its lower cost? Which of the services would an insured be willing to dispense with in order to knock a few dollars off his final bill, or a few dollars a year off his insurance premiums? Would he take a chance, and dispense with the blood bank? Would he suggest that the hospital sell its \$100,000 X-Ray installation and then take his chances with the old fashioned uncertain diagnostic procedures?

Would he be willing to go back to the “good old days” of low cost, when even a simple disorder like Appendicitis meant almost certain death? And how about the “comforts” that he takes for granted while he is hospitalized? Would he exchange the modern central heating system for an old fashioned coal stove in his room?

Hospitals are concerned with people—not with machines, or production lines, or sales quotas. On the average, it takes two fulltime hospital employees to insure that a patient gets the exacting care the doctor prescribes.

Contrast this with a modern luxury ocean liner, which employs an average of one employee for every two passengers.

Equipment used in a hospital must be amortized and written off; like equipment in industry, it wears out, becomes obsolete, must be replaced.

A few weeks back in a local hospital a manufacturer's technician who was assisting in the installation of a new \$75,000 X-Ray therapy machine, told your editor that the advances in this type of equipment are so rapid, that the “new” machine might be obsolete in six months!

Last Spring, a friend was hospitalized for a lifesaving emergency operation. Of his total hospital bill, most of it paid for by insurance, he paid about \$425.00 out of his own pocket. Figuring that he received 24 hour a day service, this comes to about \$2.50 an hour.

Shortly before he was hospitalized, he paid a man with a bull-dozer \$10.00 an hour for four days work (\$320.00) to grade his yard. He paid this gladly to beautify and improve his property, but complained bitterly about the \$2.50 an hour he paid the hospital for saving his life!

Make it your business to be aware of the more obscure truths about the cost of hospital care and its ultimate effect on insurance premiums.

—Monday Morning Clarion
Inter-Ocean Insurance Co.

LAST CALL FOR SEMINAR

There is still time to register for the fourth annual cultural seminar being sponsored by the Mahoning County Medical Society for physicians, their wives, and their friends.

The subject for the twelve lecture series is "Enjoying the Theater." Speakers are Mr. Arthur Sircom and Mr. Martin Magner.

All sessions will be held on Thursdays at 8:00 p.m. at St. Elizabeth Hospital. The first lecture, "Good Theater Today," will be held on Nov. 14th.

Cost for the series is \$15.00 per person or \$25.00 per couple. Your check should be made to: Mahoning County Medical Society, and mailed to the medical society office.

Dr. Frank Gelbman is seminar chairman.

Nov. 16

F. J. Kocab

Nov. 17

J. J. Turner

Nov. 18

H. N. Bennett

F. R. D'Amato

Nov. 19

M. I. Berkson

J. G. Costantini

Nov. 20

E. C. Baker

Nov. 21

C. A. Whitten

Nov. 22

G. D. Fry

A. C. Marinelli

Nov. 23

B. M. Schneider

Nov. 24

C. S. Lowendorf

Nov. 25

P. J. McOwen

V. Holonko

Nov. 26

S. V. Squicquero

Nov. 27

R. V. Bruchs

Nov. 28

C. H. Weidenmier

Nov. 30

S. E. Tochtenhagen

Dec. 1

D. R. Bernat

C. Scofield

J. G. McConahy

Dec. 2

C. A. McReynolds

Dec. 3

C. F. Wagner

Dec. 4

H. J. W. Marcella

Dec. 10

H. L. Shorr

B. M. Bowman

Dec. 13

D. Nesbit

E. A. Shorten

Dec. 14

D. M. Rothrock

Dec. 15

F. G. Kravec



Get Your Annual Check-up

REP. BURTON SURVEYS MEDICARE

Representative Laurence J. Burton, (R-Utah) elected to a first term in Congress last fall, chose Federal Medicare as the topic for his first major House address.

In a survey recently conducted in 25 counties of his own first Congressional district in Utah, Rep. Burton found that more than half of the 14,000 persons replying felt that the federal government had no responsibility to provide medical care for the aged. Of the 45.5 per cent who believed the government should have some responsibility in this area, 39 per cent were advocates of the Kerr-Mills program, 23 per cent preferred Medicare, and the rest favored incentive type programs—that is, a voluntary program or tax relief as an incentive to provide private insurance.

Rep. Burton claimed that the Medicare program "... neglects to consider the individual, completely disregards his needs, desires and ability to provide his own hospitalization or any arrangements previously made in this regard." He then presented a table prepared by the Survey Research Center of the University of Michigan showing that the aged have less medical debt than any other age group; *90 per cent of the aged questioned in this survey had no medical debt. Another 6 per cent had debts of between \$1 and \$99.*

BOB LANG ADDRESSES SPEAKERS

Bob Lang, Executive Secretary of the Cleveland Academy of Medicine, addressed members of the Mahoning County Medical Society Freedom Team speakers at a dinner on Thursday, Oct. 17.

Mr. Lang is a former professor of speech at Western Reserve University, and has done extensive work in the field of television. As a representative of the American Medical Association, he has spoken in many areas of the country on the subject of making an effective speech.

Twenty speakers from the Medical Society attended the meeting. Dr. W. H. Bunn, Jr., chairman, presided.

MIAMI SYMPOSIUM IN JANUARY

An historic first International Symposium on Anticoagulants in Ischemic Heart Disease will be held here at the Fontainebleau Hotel, January 9-11, it was announced by the Miami Heart Institute, research and treatment center which is organizing the conference.

"The use of anticagulant therapy, both heparin and newer oral agents, has produced much controversy," E. Sterling Nichol, M.D., chairman, explained. "To clarify the question, clinicians have been invited from this country and overseas to present up-to-date observations and practical clinical experience."

A distinguished faculty of 40 speakers are expected to offer controversial opinions of the virtue of these agents in angina pectoris, impending and acute myocardial infarction and the management of long term therapy.

A social and cultural program has been planned for the physicians and their wives with the participation of the Institute's women's auxiliary.

Physicians wishing to register should make checks for \$45, covering three luncheons, one dinner and a show, payable to Miami Heart Institute, and mail to 4701 North Meridian Avenue, Miami Beach 40, Florida. The Fontainebleau is offering a limited number of rooms to physicians at reduced rates; those interested should specify to the Institute whether they wish single rooms at \$16 to \$20 or double at \$20 to \$24.

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S-161

Bulletin Board



Dr. Richard Murray will leave the end of January 1964 for Hong Kong. Dick will spend one month in Hong Kong doing plastic surgery at the Mary Knoll Community Hospital. He was chosen for this appointment and his work will be gratis. Dick estimates he will be performing several hundred cases during his one month stay in Hong Kong.

Dr. Myron Steinberg and Dr. Dave Brody returned from a most successful Fall fishing trip at Honey Harbor in Ontario. Myron caught a muskelunge 44 inches long and weighed 25 pounds. A trophy was awarded by the Ontario Federation of Anglers and Hunters to Dr. Steinberg and the fish has qualified for entry in the Ontario Big Fish Contest.

Our Fall weather has been divine, but our ski enthusiasts are looking forward to some heavy snow fall this winter. Making plans already are the families of Drs. Shorten, Cook, Tornello and Hardin.

The Youngstown Hospital Annual Football Kick-off Party was a big success on Nov. 7. Our internes and residents were treated to an exciting Youngstown University football game at Rayen Stadium. This was followed by an after game buffet supper and open bar at the Victoria Restaurant. Dr. James Patrick was in charge. Dr. and Mrs. DeForest Metcalf have an 18 year old foreign exchange student from India living with them this year. She is Shaila Junnarka and is a senior at Boardman High School.

Also Dr. and Mrs. Gene Fry have a foreign exchange student staying with them from near Cape Town, South Africa. She is Adriane Pretorius and is a senior at Liberty High School. Both students are here under the auspices of the American Field Service.

The Sixth Councilor District Postgraduate Day was well accepted and praised. The program was excellent. Our hospital was represented by Drs. R. Fisher, Friedrich, Finley, Guju, Stillson, Bunn, Schlecht, Katz, Cook, Fok, E. Shapira, Epstein, DeCicco, Nelson, Wales, Berg, LaManna, Shorten, Ivan Smith, Fenton, Geordan, Delfs, Might, Walter, Tornello, Miglets, Zervos, Brandmiller and Stertzbach.

In the first of a series of seminars for dentists, Drs. Herman Allen, Frank Gelbman, Leonard Green and Robert Wiltzie gave a panel discussion of "Medical and Psychological Problems in the Care of the Handicapped Patient." The discussion was at the South Unit. Purpose is to better acquaint the family dentist with neurological and psychological problems in caring for mentally and physically disabled children.

—John G. Guju, M.D.

Two months ago we predicted exclusively in this column that John McDonough would come up with an unusual and interesting way of raising money for Project HOPE. Well, John has done it, and we are leading off with the news in the hope that it will be a huge success. It is the "Youngstown Art Festival," November 23 and 24, 3 P.M. to 10 P.M., in the Mahoning County Court House. This is a real first and should be one of the highlights of our fall season. There will be an unusual and valuable door prize. All proceeds will go to this really worthwhile project. Let's all help John by buying a ticket and attending.

The Caccamos have recently returned from the meeting of the American Heart Association in L.A., by train. . . Joe Kupec was on the West Coast about the same time for the American College of Surgeons meeting, by plane. . . The Gaylords had a fire in their residence, but thanks to quick thinking and the fire extinguishers spotted throughout the house, the damage was minimal. Sandy cannot praise the Youngstown Fire Department enough . . . The John Hylands had Lake Pymatuning all to themselves one Indian Summer day recently. They sailed on happily, unaware that the Lake had been closed because of the long dry spell.

The Tandatnicks are heading for a New York visit, ostensibly to visit family. Rumor has it that the true etiological, physio-pathological reason for the trip is a certain bakery on Third Avenue which specializes in cheese cake . . . Sam Petraglia's new office building in Poland should be ready shortly.

—Kurt Wegner, M.D.

* * * * *

The Mahoning County Medical Society recently came out one-two in a medical contest published in a national publication. Dr. J. L. Fisher received first prize, and Dr. R. A. Brown received second prize for interpreting an unknown EKG published in Medical Times. Both interpretations were correct, but Dr. Fisher's was postmarked earlier. Dr. Fisher won an imported figurine of a doctor. Dr. Brown received a porcelain apothecary jar. Dr. Fisher also won a porcelain apothecary jar for his humorous anecdote, "After Hours."

Dr. Clyde Walter and his wife recently visited Canada—Ottawa, Thousand Islands, Niagara Falls. They finished off the week by attending the Allergy Forum in Cleveland. Others seen at the Allergy Forum in Cleveland were Dr. Goudsmit, Dr. Zoss and Dr. Ed Brody.

Doctor Sidney Franklin has been elected to the Board of the local branch of the American Red Cross.

Additional Mahoning County Doctors seen at the Postgraduate Day in Warren were: Drs. H. A. Smith, H. J. Reese, P. G. Giber, Sidney Franklin, E. T. Saadi, P. J. Mahar, A. M. Rosenblum, B. I. Firestone, F. W. Dunlea, J. A. Hyland, F. M. Lamprich, M. C. Raupple and W. H. Bennett. From the St. Elizabeth house staff were: Drs. Johnson, Dallis, Pappas, Moskilik, Kroner, Melering, Fraley, Carillo, Balaci and Guzman. From Youngstown Hospital house staff were: Drs. Bautista, Heceta, Tareen, Bacau, Campos, Baldwinson, J. Brown, Kahn, Apiado, Pulido, Verzosa, Pinzon, Bonnet, and Lipton.

PICK-OHIO TO HOUSE 1964 PG DAY

The Pick-Ohio Hotel has been selected as the site for the 1964 Postgraduate Assembly of the Sixth District, Ohio State Medical Association.

Postgraduate Day rotates from Canton to Akron to Warren to Youngstown. The Mahoning County Medical Society will be host in 1964. The date will be Wednesday, Oct. 28. Dr. Ben Berg is general chairman.

ART FESTIVAL FOR PROJECT HOPE

Some lucky art patron who buys a ticket of admission to the Youngstown Art Festival for Project Hope is going to win a pastel portrait by Gene Lamoureux. The portrait will be awarded as a door prize, and will be a portrait of anyone of the winner's choosing. It is a \$300 value.

The Art Festival is scheduled for two days at the Mahoning County Court House, Saturday and Sunday, November 23-24, from 3:00 until 4:00 p.m. Ticket of admission is a one dollar donation to Project Hope, the hospital ship.

Paintings from all over the country, including many from this area, will be available for purchase. A percentage of the purchase price will go to Project Hope.

On Sunday, the final day of the Festival, many paintings will be auctioned. These painting have been donated to the Art Festival and the full purchase price will go to Project Hope.

The Art Festival gives you an opportunity to contribute to Project Hope, and at the same time, a chance to view works of fine art, to purchase a painting if you are interested, and a chance to win a portrait of a member of your family.

Tickets are available at the medical society office, phone RI 6-8431. Call and order as many as you wish, and they will be mailed to you.

Visit the auction on Sunday. This will be an excellent opportunity to acquire a painting for your office.

YOU, ALIAS SANTA CLAUS

Christmas is not far away, and that annual prelude to Christmas, the Esther Hamilton Alias Santa Claus Show, is even closer.

Don't forget to send in your contribution to the Alias Santa Claus Fund now. The Show will be on November 30th, and all money must be collected before that time.

The Medical Society members have shown their concern for needy families very strongly in the past. For three years straight, the doctor representing the Medical Society has collected enough to break into the "Thousand Dollar Club." This year, Dr. Asher Randell will represent the Medical Society as a candy butcher. Dr. Henry Shorr is chairman for collections within the Society.

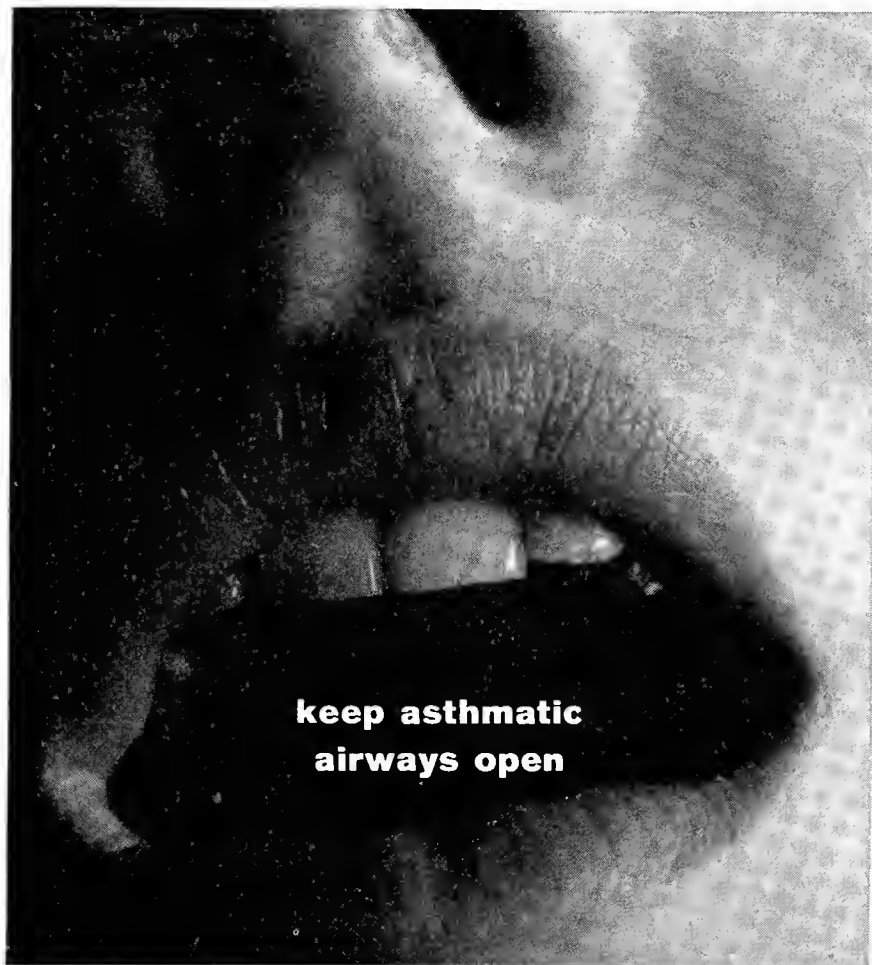
Send in a contribution to the medical society office today. Help a needy family have a happy holiday. Help put the Medical Society over the \$1,000 mark. Make your check payable to "J. Emerson Davis."

DOCTORS IN "Y" LECTURE SERIES

A series of lectures by members of the Mahoning County Medical Society has just been completed in the Adult Program of the Young Men's Christian Association.

Taking part were: Oct. 16, Dr. Louis H. Scharf, on the subject, "Staying Well Mentally;" Oct. 23, Dr. James L. Smeltzer, on the subject, "Nutrition and Hazards of Overeating and Obesity;" Oct. 30, Dr. Elias Saadi, on the subject, "Prevention of Heart Disease," and on Nov. 6, Dr. Arnoldus Goudsmit, on the subject, "Cancer and Its Prevention."

The lectures were given at 7:00 p.m. Wednesdays in the Y.M.C.A. Auditorium. Arrangements were made by Dr. Hugh Bennett, director of the Mahoning County Medical Society speakers bureau.



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vaccine and rapidly became one of the largest suppliers of this material.

Company virologists, meanwhile, had been working with Doctor Sabin on oral polio vaccine. By the end of 1961, Types I and II had been licensed and they were followed by Type III early in 1962.

Research on a measles vaccine had also been in progress, based on the achievement of John Enders and his associates in isolating the virus and in developing the original tissue culture methods needed to grow the virus in quantity. Four years of intensive research bore fruit in March, 1963, with the licensing of a killed-virus measles vaccine. Behind it were two years of clinical testing covering more than 17,000 children in nearly 100 cities.

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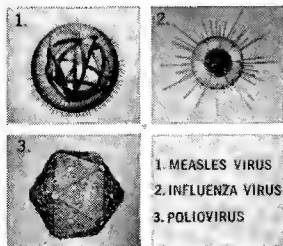
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Types 1, 2 and 3 (Salk)

*Two new strains added in
1963, on the recommendation
of the U.S.P.H.S.



LETTER TO THE EDITOR

Editor

Mahoning County Medical Society Bulletin

Dear Sir:

It was with a feeling of disappointment and disgust that I left the last meeting of the Mahoning County Medical Society. An excellent insurance plan had been presented which would provide for the payment of customary and reasonable fees made by physicians for certain income groups. It appeared that the mood of most of those members who were remaining at the meeting when the time came for a vote, was indecisive, even though the plan had been presented well and the Society had distributed informative literature explaining it well in advance. Some members were not in favor of it. A motion to accept the plan had to be tabled to save its life.

It is no wonder that the lay public look to labor unions and the government for help in their health care. It was not very many years ago, during the tenures of Doctors' Schlecht, Phillips, and Neidus, that the labor unions were breathing down our necks with the probability of having union clinics in Youngstown. We did not like this idea and many hours were put in by Dr. Clifford and his committee, and many miles were traveled, even by Dr. Neidus, in an effort to come up with something to help in the health care for all the people of Mahoning County, not only for the union members. An insurance plan with a satisfactory fee schedule could not be agreed upon after much study and negotiation that would satisfy all the physicians so none was adopted.

Now OMI comes up with its present plan which would provide payment to a physician of his customary and reasonable fee. Policing of this plan was to be done by our own physicians through a grievance committee where questions arose. This would keep third party interference to a minimum. And yet many of our physicians cannot decide if they want such a plan, and some are against it. What in the name of all fairness do they want? Sure, this plan does not cover absolutely everything, and has some shortcomings, but most of these were incorporated to keep abuses of it to a minimum. And besides, changes could be made. The plan is now under study by another special committee appointed by Dr. Randell but I doubt very much if they can improve upon it very much and yet keep the cost within reasonable limits. It's a darn good plan.

We are all now concerned in the affairs of Operation Hometown. Congress will again take up the question of health care under Social Security in 1964. We are willing to speak before groups, study the issues, write letters to Congressmen and to the Editors, influence patients, office help and other professional groups and finance advertising campaigns against this, but are we willing to offer to the people who need help, a private method, privately administered, and within financial reason to help them with their medical expenses? I say that offering this plan would do more good than any number of speeches or letters to Congressmen. This plan offered to the lower income groups, and not subject to being cancelled when they are laid off, as some industry plans are, would help these people to hold their heads high and feel independent in meeting their medical obligations. I would venture to say that many of the fees collected from this plan, if it were offered to the public, would represent fees that most of us are not collecting at all at this time. And yet some are not in favor of it.

At the meeting, some spoke against this plan. It was said that the rich would take it up and use it. And I say, so what. We are still able to charge our usual and reasonable fee as we see fit. This plan does not take that right away from us. It was stated that this plan would allow the hospitals to control medicine further and perhaps it may. But I feel that with our present day hospitalization plans, we are well beyond the point where hospitals cannot dictate some policy, and this plan will make very little difference. This plan should not be used to fight hospital interference, and it should stand on its own merits. If this plan were adopted, my judgment for the future would be, that the practice of medicine in this valley would change very little, except to render better medical health care to the citizens and help the physicians to collect fees which by and large, are not being collected at all at present.

I say that this is the best plan yet which has come before the Society. It is a good plan. I doubt if very much better can be achieved taking all factors including cost into consideration. It is high time for this Society to move, and get off of dead center.

Very truly yours,
David B. Brown, M.D.

Open Letter to the Mahoning County Medical Society

In the name of "Project Hope" may I express my sincere thanks to the members of the Mahoning County Medical Society whose contributions will help the SS HOPE sail to Ecuador on November 20th.

I regret that I cannot write a personal note to every physician in my society who made a contribution to this very worthy effort. Your dollars will not be given to anyone but channelled into service for some of the most underprivileged people in the world.

This People to People Health Organization, founded, organized, and operated by doctors, nurses, and para medical personnel will carry out the Hope's precepts of medical care, medical teaching, and people to people diplomacy, again, in South America.

However, despite the support of the American people, and the medical service contributed "for free" by the American doctors who serve the "Hope", maintaining this ship financially is a backbreaking chore. It's a pity, too, because there should be a dozen such hospital ships afloat.

The Youngstown Chapter of Project Hope, established this year, set its fund raising goal at \$25,000. Thus far approximately \$16,000 has been raised. Our last effort this year, to make our goal, will be a Fine Arts Festival to be held in the Mahoning County Courthouse November 23rd and 24th. This is sponsored by the Friends of American Art.

The members and families of the Mahoning County Medical Society are cordially invited to attend this Festival. The ticket donations are one dollar. For this dollar you will be admitted to the show and also participate in the drawing of a \$300 portrait by Gene Lamoureux. This can be done of yourself or some other member of your family.

Further, this affair will offer an opportunity for anyone to purchase a good original work of art at a very reasonable price. Every sale will have a small, built-in contribution to Project Hope. Please come! It will be fun and there will also be an interesting auction!

—John J. McDonough, M.D.

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	Cholesterol in milligrams
HIGH	
Liver (4 oz.)	384
Eggs (1 medium)	340
Veal (4 oz.)	168
Beef (4 oz.)	150
Chicken (4 oz.)	108
MEDIUM	
Halibut (4 oz.)	77
Flounder (4 oz.)	72
Salmon, (Pacific) (4 oz.)	72
Sardines (3 oz.)	70
Cheese (2 oz.)	63
Cod (4 oz.)	60
LOW	
Cream Cheese (2 Tablesp.)	36
Milk (1 cup)	33
Ice Cream (½ cup)	31
Whipped Cream (1 Tablesp.)	18
Bacon (2 slices)	16
Butter (1 pat—5 grams)	14

*Syndicated column appearing in Toledo Blade, October 26, 1961, by Dr. Frederick J. Stare, Dept. of Nutrition, Harvard University.

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THIRTY YEARS AGO—NOVEMBER 1933

From President Harvey's page: "Mahoning County has been using the county jail to house mental cases because there is no other place. It is a shameful situation which reminds one of the middle ages. Probate Judge Woodside has urged that the city turn over the municipal (contagious) hospital to the county to be used as a mental hospital. At present the municipal hospital is in such bad repair it is not inhabitable." Thus the Woodside Receiving Hospital was started.

Dr. R. D. Gibson was born in 1855 in the old stone house on East Dewey Avenue in what is now Homestead Park. He was the first physician in Youngstown to limit his practice to E.E.N.T. This writer can remember him in 1919 (age 64) performing cataract operations. He always carefully whetted his knives, first on stone then on leather before the operation and his hand was perfectly steady. He brought several outstanding men to Youngstown, among them F. F. Piercy, Harold Baird and W. H. Evans.

John Noll had an article on Rabies, which was on the increase. He outlined the preventive procedures following dog bites and the criteria for diagnosing rabies. There was no law requiring inoculation of dogs then.

B. J. Dreiling had an article in the Ohio State Medical Journal on "Penetrating Wound of the Heart and Lung with Successful Removal of the Foreign Body."

Doan and Wisemans hematology lectures were being given every Friday night, \$3.00 for the course. Over 120 members attended.

TWENTY YEARS AGO—NOVEMBER 1943

Not many letters from members in the Armed Services. Most of them were overseas where censorship was strict or they were pen weary from paper work.

Esther Hamilton managed to keep track of some of her favorites. From Esther's Column, "Two naval lieutenants home from the Pacific, Charles P. Cervone and David Carrol have spoken highly of Lt. Stanley Myers and of his fine work." Gordon Nelson wrote from Oran "The Arabs are an interesting lot. I always knew soap and water were scarce here but I didn't know they were *that* scarce."

The Bulletin was going out to everyone whose address was known so they could read about how tough it was at home and who was taking vacations in Florida and Hot Springs, Va.

You could still buy white shirts at Strouss's for \$1.75 but they were getting scarce. Food was rationed, tires were rationed and gasoline was rationed. The war was nearly two years old and everyone was feeling the strain. Most of the men had shipped out from the training camps and their wives had come back to lonely homes.

TEN YEARS AGO—NOVEMBER 1953

Ninety-two thousand visitors viewed the Medical Education Exhibits at the Canfield Fair. President Goodwin and Chairman Szucs received a special trophy from the Fair Board. Five other Fair Boards in Ohio were inquiring for information to establish a similar exhibit. The Academy of Osteopathic Medicine, the Optometric Association and the Chiropractors Association were represented, causing a pronounced rise of blood pressure in some of our older members.

Dr. George Hamwi, Professor of Medicine at Ohio State University addressed the Society on "Endocrinology in Clinical Practice." Nine years later he became President of the O.S.M.A. It is unusual for medical school professors to take an active part in medical society affairs but it happens in Ohio. N.B.C. resumed its popular TV program "March of Medicine" once a month over 70 network stations.

New members that month: James R. Gillis, Robert R. Fisher, Frank K Inui, Robert V. Bruchs, Robert L. Jenkins, Wm. H. Gross, Herman L. Allen, Joseph J. Campolito.

You could buy all the white shirts you wanted at The Scott Co. for \$5.00 but a cashmere blend polo shirt cost \$12.50. There is no Scott Company now. I wonder how many doctors bought polo shirts?

—J. L. F.

— LETTER —

Dear Doctor Randell:

Thanks for thinking of me at this time in my position of President-Elect of the Pennsylvania Medical Society. Physicians in Lawrence County have always felt close to the members of the Mahoning County Medical Society and in years gone by have enjoyed enjoyable association and attendance at some of your meetings. Perhaps it would be good if we could again get in the habit of crossing state lines more frequently and enjoy each others fellowships and achievements.

Very sincerely yours,
 Wilbur E. Flannery, M.D. (New Castle, Pa.)
 President-Elect
 Pennsylvania Medical Society

S. Q. Laypius Observes:

A woman appreciates a man who stands on his own feet—when he's dancing with her.

I love the patient who said "Good news for you, Doctor. I've got all my other bills paid and now I can start paying you!"

A couple were going over their bills and were just about out of money when they came to the last two. One was the doctor's bill and the other the water bill. "Pay the water bill" said the wife, "the Doctor can't shut off our blood."

A medical specialist is a Doctor who doesn't practice golf, the stock market, poker or veterinary surgery. He just takes care of people.

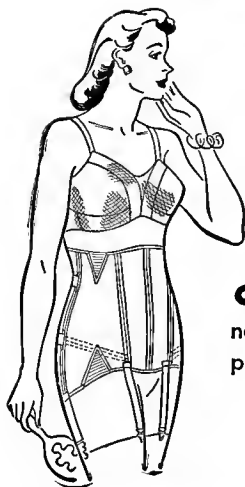
An obstetrician is a Doctor who makes all his money in the stork market.

The Beauty Parlor is where your wife gets mud on her face and an earful of dirt.

Some of the alcoholics in this town should stay more anonymous.

"I know it's Thursday afternoon Doctor, but - - -"

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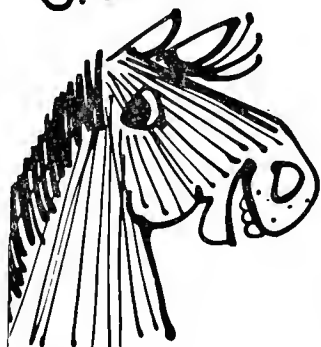
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Wife Line

When our president, Carol Cook, asked me to write the Wife Line for this month—I shuddered! The deadline is now five days past, and I am still shuddering, but I must admit it is a challenge.

* * * * *

Our auxiliary was well represented at the Sixth Councilor District Meeting held in Warren on October 23rd. A "buying mart" was set up at the Squaw Creek Country Club where luncheon was served, after which guests could either play golf or attend the matinee performance of "The Four Poster Bed." Congressman Robert Taft was the speaker at the dinner at Packard Music Hall, which concluded the day's activities.

The Trumbull Auxiliary had worked very hard for many months to insure the day's success. They have graciously offered their assistance to us for next year, when we shall be the hostesses for the Sixth District Meeting which will be held in Youngstown. Somehow I find myself being the chairman for the day and Lois Berg is the co-chairman. If anyone has any ideas concerning the program for that day we would be most happy if you would get in touch with us.

The next meeting of our auxiliary will be on November 20 at 1:00 o'clock in the St. Elizabeth Hospital Auditorium. Rita Dunlea is social chairman for the day and Judy Malkoff, who is program chairman, has arranged for Dr. Jack Schreiber and his panel of physicians to put on a "mock Consultation" program, similar to the one he moderates on TV. Now each member will have an opportunity to ask medical questions, that she would have liked to have asked her husband, but this time we will receive an answer. Now, isn't this unique? We will henceforth sound knowledgeable when our neighbors and friends approach us with queries about the latest advances in medicine. The meeting will be on Wednesday, instead of our usual Tuesday meeting day, in order to accommodate Dr. Schreiber and his panel. The members who bowl in the league on Wednesday morning may have their lunches at Champion Bowling Lanes and go directly to the meeting.

Incidentally, the high scorers in the bowling league are Eleanor Rappoport with a fabulous 189; Marian Schellhase's 182 is a close second; Clara Mae Scarnecchia's 179 and Ruby Brown's 174 follow directly behind. It is difficult to know until the very last game is played who will win the coveted high game trophy. Peggy Sofranec as president of the league has organized the teams according to averages and Jane Fry, treasurer, takes care of collecting the money and Jo Gambrel, secretary, has the responsibility of computing weekly averages. These girls work hard and deserve much credit.

The Auxiliary will sponsor a formal holiday ball at the new Squaw Creek Country Club on December 21. Blanche Weiss is the chairman for the gala affair assisted by Muriel Altman and Mary Lou Reese. Frankie Ambrose's orchestra has been scheduled to play for the dance. Plans are still being made and more information will appear in next month's Wife Line. Remember to save the date!

Have you heard that the Inui's versatile daughter, Sue, is in Denmark for her senior year of high school as an American Field Service student? It is indeed a tremendous honor to have been among the comparatively few chosen from the many applicants all over the country. We have two foreign A.F.S. students in the area living in homes of our members: Shaila Junnarder

from India is living in the Metcalf home and attending Boardman High School and Adriane Pretorius from South Africa is with the Frys and attending Liberty High School.

Once again the Mahoning County Medical Society is sponsoring a cultural lecture series—this year all the lectures will be on the theater, given by Arthur Sircom, well known in Youngstown Theater circles, and Martin Magner, director of Youngstown Playhouse and their guests. May I urge you all to attend these sessions, which promise to be as informative and entertaining this year as they have been in the past years.

* * * * *

You know, before one actually sits down to compose this article, while it is still in the "thinking" stage—there seems to be little to write about; but then, when the actual writing does take place there are so many newsworthy items that the allotted space for the Wife Line is soon filled.

See you at the next meeting on November 21st.

—Ginny Shorten

CHRISTMAS SUGGESTION

If you are looking for a present for a friend at Christmas time, here is a suggestion. The book of poetry, "Leaves of Life," was written by a Youngstown physician and member of the Mahoning County Medical Society, the late Warren Deweese Coy, and is currently on sale at Youngstown book departments.

This is a beautifully written and thoughtful book. Here is what some of the critics say: "Meticulous, uncompromising with mediocrity;" "a book that will be as new and as old a hundred years from now as it is today;" "this work shows superb command of diction and masterly use of poetic forms;" "he lifts us with him in his mental and spiritual search for truth and beauty;" "sensitive to the vicissitudes of his fellow man." Selections from the book have been printed from time to time in the Bulletin.

Dr. Coy was president of the Mahoning County Medical Society in 1919. He died in 1953. "Leaves of Life" was published in 1962 by his wife, Mrs. Alma Coy.

This is a book that every doctor would be proud to have in his library.

EGYPT

It should have been discarded long ago:
A worthless bust that had, without design,
Been placed above the books that would define
A doubtful science of the mind, and throw
Some light upon the way the instincts grow
To mastery, and why we may incline
Toward the darker ways that might combine
To shape our ends. It should be gone, I know;
Up there should be a nobler one that looks
Like some Athenian sage who might proclaim
Some ancient wisdom to our needy west, - -
Yet there it is, above my choicest books:
A bust of her whom lust has given fame
The asp still clinging to her dusky breast.

From "Leaves of Life"

By Warren DeWeese Coy, M.D.

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SUMMARY OF HEALTH DEPARTMENT FUNCTIONS

It should be useful to summarize the description of the activities of the Youngstown City Health Department that has appeared in the series of articles in the Bulletin of the Medical Society during the past six months.

The Division of Vital Statistics does the bookkeeping of the health reports and records for the Youngstown City Health Department. Various aspects of the life process are recorded, such as birth certificates, death certificates, and morbidity reports of 47 communicable diseases and ten occupational diseases, reports of poisoning, anthrax and compressed air illness, among others are also required. In addition, a record of immunizations is kept. The important medicolegal significance of birth and death certificates was set out in detail.

The optimum functioning of the Health Department in a very real sense depends upon the records and reports in its files. The completion of a confidential report form is required from the physician for each diagnosed or suspected case of communicable and occupational disease; the forms were presented. Carriers of disease and infestations should also be reported. Telephone reporting is acceptable.

Epidemiological service is available from the local health department or the Division of Communicable Diseases, Ohio Department of Health, Columbus. Special containers and mailing tubes may be obtained from the Youngstown City Department of Health, as well as from the District Health Department, Cuyahoga Falls, Ohio, and the Ohio Department of Health, Columbus, Ohio.

The Visiting Nurse Association is under contract with the Board of Health of Youngstown to render service in all cases of communicable and occupational diseases. With the exception of chickenpox, each case report is followed by a visit by a nurse who completes the necessary epidemiological investigation report and case finding, interprets the health department regulations to the family, encourages use of the physician by the family, takes the temperature and renders nursing care, if needed. At a later date, the nurse again visits except in cases of measles and mumps, usually in response to a telephone call from the family, to discharge the patient and issue a Certificate of Re-Admission to school, if the case is of school age. She also supplies laboratory specimen containers, when necessary.

The Youngstown City Department of Health laboratory performs tests on raw and finished milks, analysis of water and food, agglutination tests on the Salmonella-Shigella group only, in feces, cultures of stool and urine, smears for gonorrhea and dark field examinations. The Laboratories of the Ohio Department of Health in Columbus and in its Northeast District Office, Cuyahoga Falls also perform numerous other tests, for which more extensive facilities are required.

Immunizing materials furnished physicians as necessary upon request, include Diphtheria Toxoid-Pertussis Vaccine-Tetanus Toxoid (Triple) Vaccine, Poliomyelitis Vaccine, Typhoid-Paratyphoid Vaccine, Smallpox Vaccine, and also Gamma Globulin (Human), if the required report is made.

In 1957 a prevention program for the control of secondary attacks of Rheumatic Fever was initiated by the Ohio Department of Health with cooperation of the Ohio Medical, Pharmaceutical, and Heart Associations. The program has been expanded and improved.

The program is coordinated by the Ohio Department of Health, Division of Chronic Disease, Heart Disease Control Unit. It receives the drug applications and re-order forms from and distributes the prophylactic drugs to the local departments, and maintains the central registry file.

Anyone who had or has Rheumatic Fever, regardless of age or financial status is eligible for enrollment. Drugs and dosages furnished were given

in detail. Drugs must be re-ordered every four months by the physician. They are either picked up at our office by the patients or are sent by our office to the patient or physician.

The City Council of Youngstown adopted a milk ordinance modeled after the 1953 recommendations of the U.S. Public Health Service in its "Milk Ordinance and Code," also known as the Grade A Milk Ordinance. The principal duty of two of the Sanitarians is to inspect over 580 dairy farms mostly located within 50 miles from Youngstown, from which milk is shipped to Youngstown by cans or bulk tank trucks to milk processing plants, which are also under our direct supervision. Each farm is inspected at least twice a year, and more often, if necessary. The point value of each main item is listed on a score sheet.

A sample of raw milk is collected once each month from each shipment of milk and analyzed either by our own health department laboratory or an approved contract laboratory. The results of these analyses are reported to the Youngstown City Department of Health and posted on a master sheet.

Periodic detailed inspection of milk processing plants is required to assure compliance with the Grade A Milk Ordinance. The Chief of our Division of Milk and Dairy Inspection keeps abreast of the newest machinery and processing methods of the dairy industry. Floor plans for new plants or major alterations in existing plants must be submitted for his approval.

The focal point of the inspection is the pasteurization equipment. There are now six continuous flow types (high temperature short time process) within our supervision, namely Borden, Golden Glow, Isaly, Petersburg Creamery, Olenick and Sealtest and two vat types, namely Mihaly and Smith.

With proper use of modern methods and equipment it is entirely possible that only the milk hauler would actually see the milk until the consumer opens the paper milk carton in his home. He must smell, measure and take a small sample of the raw milk for laboratory analysis from the milk cooling tank at each farm, prior to pumping the milk into his tank truck for transportation to the processing plant. The hauler is licensed by the State Department of Agriculture and he indeed has a great responsibility. Picking up just one tank of inferior milk might jeopardize the quality of thousands of gallons of good milk, with which it is mixed at the plant.

Inspections, similar to those of the milk plants, are made of two ice cream plants and numerous frozen dessert stands and mixed distributors under our supervision.

The Division of Food and Meat Inspection consists of a chief food and restaurant inspector and three assistants, a chief veterinary inspector and an assistant chief veterinary inspector. Both veterinary inspectors are licensed to practice veterinary medicine in Ohio.

The local Youngstown ordinances apply to every type of food establishment. By Statute, the Ohio Department of Agriculture annually licenses bakeries, bottling plants and canning factories. Similarly, by statute, the Ohio Department of Health supervises and regulates nursing homes, rest homes, homes for the aged, hospitals, restaurants, food service in schools, and vending machines. Numerous inspections are made by local personnel and re-inspections when necessary. The Veterinarians are employed in the supervision of the slaughter and processing of meat food products at six establishments located outside the city limits and deal with food consigned for retail sale in Youngstown and elsewhere. Fees are charged.

Our Division of Sanitary Police and Housing Inspection consists of a chief for sanitary police, five sanitary policemen and three housing inspectors. The sanitary police investigate all nuisance complaints, do routine inspections of yards and dwellings, inspect rooming houses, barber shops, swimming

pools, schools, sewage disposal and commercial building and re-inspect when necessary. They investigate dog and other animal bites and enforce the ordinances relating thereto, enforce the new weed ordinance, contact persons who fail to report to venereal disease clinics, investigate charity burials and deliver supplies to the Visiting Nurse Association and hospitals. The housing inspectors inspect rooming houses and dwellings to enforce the provisions of the housing ordinance. They re-inspect for compliance when necessary.

In each of our divisions, it is our aim to obtain compliance with laws, statutes, ordinances and regulations by education. Enforcement by court action is the last resort.

Our Parochial School Health Service consists of a part-time physician and dentist and six full-time nurses. Routine medical examinations are performed on students in grades 1 and 6 and routine dental examinations in grades 2 and 6. Referrals are made to family physicians and dentists for the correction of defects. Health instruction is given by both the physician and the dentist, and classroom toothbrushing demonstrations are conducted in each grade 2 every year by the dentist. Tuberculin tests are administered each year and positive reactors are followed up. The nurses check for defects, including vision and hearing, skin conditions, contagion and immunization. Seventeen parochial schools are served in the City of Youngstown.

The staff of the Venereal Clinic of the Youngstown City Department of Health consists of a chief physician, two other physicians, a nurse from the Visiting Nurses Association, a clerk, an orderly and a janitress, all part-time employees. The clinic meets at South Side Unit, Youngstown Hospital Association, from 4:00 p.m. to 6:00 p.m., on Tuesdays and Fridays. In 1962, a total of 468 patients were seen and a total of 1,559 treatments were given. The services are available only to residents of Youngstown, who are referred by their family physician or our department. Cases and contacts are diligently followed. The city pays the hospital 50 cents per patient per clinic visit and charges each patient 50 cents per visit, if the patient is able to pay.

The Division of Weights and Measures also belongs to the Youngstown City Department of Health and consists of a chief sealer and an assistant sealer.

Numerous additional functions are carried out from time to time in cooperation with the Ohio Department of Health and other city departments. An example of this work were the mouth-to-mouth breathing resuscitation demonstrations with "Resusci-Ann."

—Sidney Franklin, M.D.
Health Commissioner

INDOCTRINATION MEETING HELD

The newest members of the Mahoning County Medical Society availed themselves of the opportunity to talk over medicine with some of the older doctors at the annual Indoctrination Meeting, held Thursday, Oct. 24th, at the Mural Room.

A series of brief talks by indoctrination committee members proved so interesting, that the meeting ran a half-hour past schedule due to the number of questions brought up by the younger physicians.

Members of the indoctrination committee present were: Dr. C. A. Gustafson, chairman, Dr. G. E. DeCicco, Dr. J. P. Harvey, Dr. D. W. Metcalf, Dr. G. G. Nelson, Dr. S. W. Ondash, Dr. C. E. Pichette and Dr. Asher Randell, president.

New members in attendance were: Dr. Leonard N. Green, Dr. Richard J. Jarvis, Dr. Frank J. Kocab, Dr. John C. Melnick, Dr. Rafael Tarnopolsky, Dr. Frank C. Tiberio and Dr. Skevos M. Zervos.

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"Doing for people what they can and ought to do for themselves is a dangerous experiment. In the last analysis, the welfare of the workers depends upon their own initiative. Whatever is done under the guise of philanthropy or social morality which in any way lessens initiative is the greatest crime that can be committed against the toilers. Let social busy-bodies and professional 'public morals experts' in their fads reflect upon the perils they rashly invite under this pretense of social welfare."

Samuel Gompers

President 1886-1894; 1896-1924

American Federation of Labor

The printing of the statement is made available through the Medical Society Magazine Group, Phoenix, Arizona.

THE LIMIT

To right and left as if it would define
For man an irrevocable decree,
The pendulum still marks the narrow line
Between what was and what is yet to be.

From "Leaves of Life"

By Warren DeWeese Coy, M.D.

BOARD OF HEALTH BULLETIN REPORT FOR SEPTEMBER, 1963

	Resident		Non-Resident		Total
	M.	F.	M.	F.	
Births	123	119	156	142	540
Deaths	79	58	50	38	225
Infants Deaths	3	1	3	1	8

SEPTEMBER, 1962

Births	123	116	138	155	532
Deaths	78	60	50	44	232
Infants Deaths	9	3	1	6	19

COMMUNICABLE DISEASES

	1963		1962	
	Cases	Deaths	Cases	Deaths
Chicken Pox	8	0	4	0
Measles	5	0	2	0
Mumps	16	0	2	0
Scarlet Fever	3	0	1	0
Tuberculosis	4	1	4	3
Typhoid	0	0	0	0
Whooping Cough	0	0	3	0
Gonorrhea	16	0	18	0
Syphilis	9	0	4	0
Infectious Hepatitis	1	0	2	0
Rheumatic Fever	1	0	0	0

VENEREAL DISEASES

	Male	Female
New Cases		
Syphilis	2	1
Gonorrhea	8	8
Total patients		19
Total Visits (Patients)		99

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brand of sustained release capsules

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Patients like the medication, are bothered less by low calorie intake and stick to their diets longer.²

Side effects with 'Eskatrol' are infrequent—reported even less than with amphetamine alone.^{2,3}

REFERENCES:

1. Kocsis, L.F.: Evaluation of a New Anorectic Combination in the Treatment of Obesity, *Manitoba M. Rev.* 47:521 (Oct.) 1961.
2. Stevenson, L.E.: A Note on Anorectics, *M. Ann. District of Columbia* 30:409 (July) 1961.
3. Cauffman, W.J., and Pauley, W.G.: Obesity and Emotional Status, *Pennsylvania M.J.* 64:505 (Apr.) 1961.

RECOMMENDED DOSAGE: One 'Eskatrol' *Spansule* capsule daily, taken in the morning.

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SIDE EFFECTS: Side effects (chiefly nervousness and insomnia) are infrequent, and usually mild and transitory.

CAUTIONS: Clinical experience has demonstrated that 'Eskatrol' (containing the phenothiazine derivative, prochlorperazine) has a wide margin of safety and that there is little likelihood of blood or liver toxicity or neuromuscular reactions (extrapyramidal symptoms). The physician should be aware, however, of their possible occurrence.

'Eskatrol' *Spansule* capsules should be used with caution in the presence of severe hypertension, advanced cardiovascular disease, or extreme excitability. Excessive use of the amphetamines by unstable individuals may result in a psychological dependence; in these rare instances withdrawal of medication is recommended. It is generally recognized that in pregnant patients all medications should be used cautiously, especially in the first trimester.

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